





# SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE SEPTEMBER-2014



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	CLOSED IN OBSERVANCE OF LABOR DAY!	2	Meatloaf w/Vegetable Gravy Sour Cream & Chive Mashed Potatoes Baby Carrots Wheat Dinner Roll Sliced Peaches	3	Cran-Apple Juice Baked Ham w/Pineapple Sauce Mashed Sweet Potatoes Spinach Rye Bread Lemon Tart w/Whipped Topping	4	Orange Juice Frankfurter On a Frankfurter Roll Baked Beans Red/Green Cabbage Coleslaw w/Shredded Carrots Mustard/Ketchup/Relish Fresh Watermelon	5	Pier-17 Fish Mashed Potatoes Beets Whole Wheat Bread Pineapple Tidbits
8		Orange-Pineapple Juice Oven Fried Chicken Mashed Potatoes Mixed Vegetables Whole Wheat Bread Frosted Cake	9	Stuffed Cabbage w/Extra Tomato Sauce Wild Rice Prince Edward Blend Vegetables Oatnut Bread Peaches	10	Country Vegetable Soup Crabby Cake On Multi-Grain Roll Tater Tots Tossed Salad w/Tomatoes & Cucumbers Italian Dressing Tartar Sauce Fresh Fruit	11	CRT CAFÉ MANAGER APPRECIATION DAY! Orange Juice Roast Turkey w/Gravy Cornbread Stuffing Cranberry Sauce Broccoli Florets Dinner Roll Strawberry Rhubarb Pie	12
15	Salisbury Steak w/Peppers/Onions and Mushrooms White & Brown Rice Broccoli Normandy Whole Wheat Bread Pineapple Tidbits	16	Orange Pineapple Juice Cran-Raisin Almond Chicken Salad On Croissant Tortellini Salad Leaf Lettuce Sliced Tomatoes Mixed Berries (Strawberries & Blueberries) Shortcake w/Whipped Topping	17	Grape Juice Tony's Individual Pizza Cucumber/Tomato & Onion Salad Baby Carrots Saltines Sliced Apples	18	Vegetable Beef Soup American Chop Suey Squash Medley Club Roll Peaches & Pears	19	Orange Pineapple Juice Roasted Chicken Leg w/Gravy Brown Rice Pilaf Peas 12-Grain Bread Tropical Fruit
22	Beef Stroganoff Egg Noodles California Blend Vegetables Pumpnickel Bread Fruit Cocktail	23	FIRST DAY OF AUTUMN Autumn Soup Grand Cheese Ravioli w/Tomato Sauce Spinach Salad w/Mandarins & Almonds Raspberry Vinaigrette Dressing Italian Bread Apple Cherry Crisp	24	Cran-Orange Juice Roast Turkey w/Gravy Cut-Up Sweet Potatoes Cranberry Sauce Peas & Pearl Onions Dinner Roll Sliced Peaches	25	Salmon Boat w/Seafood Sauce Wild Rice Whole Green Beans Whole Wheat Bread Fresh Fruit	26	Coq Au Vin White & Wild Rice Brussel Sprouts Rye Bread Tropical Fruit
29	Peach BBQ Chicken Quarter Potato Salad Corn Cobbette Homemade Biscuit Sliced Peaches & Pears	30	Roast Pork Loin Hawaiian Style Fluffy White Rice Oriental Vegeables Oatnut Bread Applesauce						

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of **age or older and their spouses.**

All meals are served with milk, bread and margarine. **DONATIONS: \$2.50 (or whatever you can afford)**